

WHAT IS CLAIMED IS:

1. A body composition measuring apparatus with a built-in weight meter based on bioelectrical impedance measurement, comprising:

a weight meter ;

5 a data input device;

an impedance measurement device ; and

a CPU, whereby said CPU estimates the body composition for the person under test based upon the data from said weight meter, said data input device, and said impedance measurement device, characterized in that

10 said weight meter taking in a no-load output thereof immediately after power up of said apparatus; and

a personal body information being entered by said data input device after measuring the weight.

2. A body composition measuring apparatus with a built-in weight meter  
15 according to Claim 1 in which said body composition including at least one of the followings: the body fat percentage, the fat mass, the amount of body water and the amount of muscle.

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